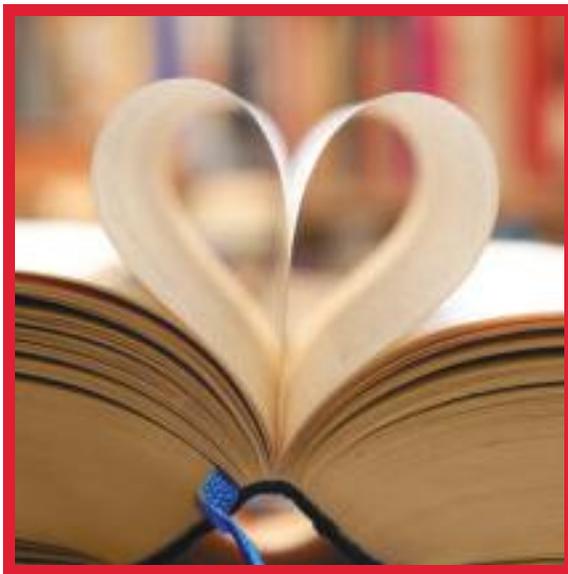




LANDINGS AT Weyers Cave

20 Landings Lane • Weyers Cave, VA 24486 • (540) 234-8899

FEBRUARY 2017



NOTES & NEWS

Waiting for the Weatherman

Be patient while waiting for the groundhog to pop out for its annual weather prediction on Feb. 2. The rodents' dens can be up to 6 feet deep and wind more than 20 feet underground.

Get Ready for Tax Time

April 18 will be here before you know it. Most people will have received their W-2s, 1099s and other tax information by now. This is a good time to gather all the documents you will need to complete your tax return, whether you plan to fill it out yourself or seek assistance. Go to www.IRS.gov if you have questions about filing.

To Your Health: Give It a Shot

We all know children receive a variety of vaccinations to help them stay healthy. But it's important to remember that adults need to boost their immunity occasionally, too. Whooping cough, tetanus, diphtheria and shingles are some of the diseases that can affect unprotected adults. Check with your health care provider to see if you need a booster.

HIGHLIGHTS

Sharing the Love

You'll find towns named Valentine or Valentines in a few states, including Arizona, Nebraska, Texas and Virginia.

Veggies With Vitamin C

Mention vitamin C, and citrus fruits such as oranges most likely come to mind. But many vegetables are actually better sources of the immune-supporting nutrient. Try bell peppers, broccoli, cauliflower and kale.

Fitness Tip: Learn the Equipment

Using exercise equipment properly can prevent injury and help you get the best workout possible. Before you start on a new machine, read the directions carefully. If a trainer is available, ask if he or she can instruct you on how to get the safest and most effective workout.

Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Best Times for a Doctor's Appointment

For general checkups, experts advise scheduling doctor visits first thing in the morning or right after lunch, when doctors are more likely to be on time. Also, avoid Mondays and Fridays, which tend to be the busiest days at doctors' offices.

Easy Organization: Corral Your Cards

It seems like almost every store has a rewards card. Here is an easy way to keep them together and tidy: Save only the smaller key cards and put them all on a key ring separate from your car or house keys. This collection will fit easily in a pocket or purse. If you only have the full-size cards, you can add them to the ring after punching a hole in one corner. Be sure not to punch through a bar code or magnetic strip.

BULLETIN BOARD

Pretty as a Picture

Greeting cards, calendars and picture books are all great sources for home décor. Just frame your favorite images and display in your home.

First in the Hall of Fame

Besides being MLB greats, Ty Cobb, Walter Johnson, Christy Mathewson, Babe Ruth and Honus Wagner share another special quality: They were all elected to baseball's first Hall of Fame class, announced on Feb. 2, 1936.

TRIVIA WHIZ



A Landmark for Lincoln

The Lincoln Memorial on the National Mall in Washington, D.C., honors the 16th president of the United States, Abraham Lincoln. Born Feb. 12, 1809, Lincoln served from 1861 to 1865.

- The memorial project got underway in 1910. Daniel Chester French designed the statue, which was produced by a family of Italian marble carvers known as the Piccirilli Brothers. Architect Henry Bacon created the monument building using a classic Greek design.
- The building contains inscriptions of Lincoln's Gettysburg Address and his second inaugural address.
- Carved from 28 blocks of white Georgia marble, the statue of Abe is 19 feet tall.
- The memorial building also consists of Colorado Yule marble, Tennessee pink marble, Massachusetts granite and Indiana limestone.
- The Lincoln Memorial cost \$3 million to build.
- The structure was dedicated on May 30, 1922. About 50,000 people attended the ceremonies, including hundreds of Civil War veterans and 78-year-old Robert Todd Lincoln, the president's son.
- The Lincoln Memorial is open to the public 24 hours a day. About 6 million people visit the site each year.
- The memorial has appeared in numerous movies, including "Mr. Smith Goes to Washington," "In the Line of Fire" and "National Treasure."

"I never had a policy; I have just tried to do my very best each and every day."
—Abraham Lincoln



Savor a 'Snow Day'

"Snow day" just might be a child's favorite phrase. Who wouldn't want a day free from responsibilities? No matter your age or the weather, it's time to treat yourself to a day off. You're perfectly free to sleep late, binge-watch your favorite TV show, eat junk food and take a nap, but if you want to do something a bit more constructive, here are some ideas.

Plan a trip. Even if travel isn't on the horizon, spend some time dreaming about and researching

locations you would like to visit. Travel websites, books and magazines can take you almost anywhere. The mental escape will be refreshing, and you might decide you can plan some time away after all.

Play dress-up. First, go through your closet and pull out any items that are out of style or don't fit. Plan to donate or sell those. Next, take a look at what is left and come up with new ways to combine pieces and create fresh outfits. If you find you are missing an item that could really add versatility to your wardrobe, indulge in some online shopping.

Focus on food. Peruse your cookbooks or explore recipes online. Choose a cuisine new to you and create a special dinner.

Reconnect. Catch up with a friend or family member via a phone call, Skype or FaceTime. For a more special surprise, compose a handwritten letter or card.

Soup Up Canned Soup

A bowl of soup can be the perfect comfort food on a dreary winter day. When you don't have the time or inclination to cook homemade soup, canned soup is a great convenience. Plus, you can boost the flavor and often the nutritional value of canned soup with a few simple additions.

Greens. Toss in a handful of frozen spinach, chopped kale or arugula.

Herbs and spices. Fresh or dried parsley, cilantro, basil or oregano will add another layer of flavor. For a subtle kick, try toasted cumin or smoked paprika.

Meat. Check your refrigerator for leftover rotisserie chicken, cooked bacon or sausage, or perhaps a hamburger patty you can crumble into your soup.

Grains and pasta. Stir in some cooked rice, quinoa, couscous, pearled barley, elbow pasta, or ramen or rice noodles.

Cheese. Cheese makes almost everything better. Consider a bit of sharp cheddar, spicy pepper jack, freshly grated Parmesan or feta.

Bread. Croutons or oyster crackers add a satisfying crunch. If you don't have any on hand, substitute with tortilla chips, cheese crackers, pretzels or popcorn.

Vegetables. Peruse your fridge for leftovers or see what bounty the freezer holds. You're sure to find some peas, carrots, green beans, corn, cabbage or squash.





WIT & WISDOM



Meteorologists Make the Call

Celebrate your favorite meteorologist on Weatherperson's Day, Feb. 5, which was the birthday of John Jeffries, one of America's first weather watchers. Jeffries began daily weather observations in Boston in 1774.

Meteorology is the study of the atmosphere and takes its name from the Greek word *meteoron*, which refers to something that happens in the sky.

The American Meteorological Society defines a meteorologist as a person "who uses scientific principles to explain, understand, observe or forecast the Earth's atmospheric phenomena." These phenomena include temperature, air pressure and wind direction. Meteorologists also study how weather conditions affect the Earth and its inhabitants.

Many meteorologists have degrees in physics, chemistry or mathematics. Their jobs include daily weather forecasting, research, teaching and broadcasting. Meteorologists in private sector companies serve clients such as energy providers, agricultural businesses and airlines.

The U.S. government is the largest employer of meteorologists, many of whom work at the National Weather Service.

One high-profile meteorologist is the Weather Channel's Jim Cantore, who has developed forecasts for the National Football League, the X Games, the Professional Golfers' Association and space shuttle launches.



One Minute Chef

Baked Brie

Ingredients:

- 2 tablespoons unsalted butter
- 8 ounces button mushrooms, sliced
- Kosher salt
- Ground black pepper
- 1 Brie round (8 ounces)
- 3 tablespoons honey
- 1/4 cup pomegranate arils
- 1/4 cup shelled pistachios
- Crackers or toasted bread

Directions:

Heat oven to 350° F.

In large skillet, heat butter over medium-high heat. Add mushrooms; cook 8 to 10 minutes or until deep golden brown, stirring frequently. Season with salt and pepper; remove from heat.

Place Brie on parchment paper-lined rimmed baking pan; drizzle with honey.

Transfer to oven and bake 5 to 7 minutes or until inside of cheese is softened, but outside remains intact.

Transfer Brie to serving platter; top with pomegranate arils, pistachios and mushrooms.

Serve immediately with crackers or bread.

For more recipes, go to www.MilkMeansMore.org.



"Romance is the glamour which turns the dust of everyday life into a golden haze."

—*Elinor Glyn*

"In a great romance, each person basically plays a part that the other really likes."

—*Elizabeth Ashley*

"Romance is thinking about your significant other, when you are supposed to be thinking about something else."

—*Nicholas Sparks*

"Tradition wears a snowy beard; romance is always young."

—*John Greenleaf Whittier*

"The word 'romance,' according to the dictionary, means excitement, adventure and something extremely real. Romance should last a lifetime."

—*Billy Graham*

"Romance is everything."

—*Gertrude Stein*

"I am a die-hard romantic at heart and love the idea of love. But, when it comes to love, I kinda believe in the old world charm of romance—where there's mystery and intrigue."

—*Esha Gupta*

"I have nothing against romanticism. I'm all for it. I'm helpless in the face of romance."

—*Bill Nighy*

"To me, romance and suspense go hand in hand. What's more suspenseful than wondering how two wonderful people can manage to get together in spite of the world going crazy around them?"

—*Maggie Shayne*

"Romance is tempestuous. Love is calm."

—*Mason Cooley*

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Is Due!	2 Rent Is Due!	3 Rent Is Due!	4 Rent Is Due!
5 Last Day to Pay Your Rent on Time!	6 Rent Is Late!	7 "Be Smart About Your Money" Financial Planning Event 6-7pm	8	9	10 32 Building Extermination and Filter Changes	11 Office Open 10-2 Valentine's Paint Day 11-1
12	13 32 Building Inspections	14 	15	16	17	18
19	Presidents Day	20	21 "What Goes Into Your Credit Score?" Credit Info Event 6-7pm	22	23	24
26	27	28	 February 			

"This Month In History" FEBRUARY

1789: George Washington is unanimously elected the first president of the United States.

1909: The NAACP, the nation's oldest and largest civil rights organization, is founded in New York City.

1910: With the motto "Be Prepared," the Boy Scouts of America is incorporated.

1925: A heroic five-day dog sled relay across Alaska saves the population of Nome from a deadly diphtheria outbreak.

1933: The first issue of Newsweek magazine is published.

1941: Providing a home away from home for U.S. military personnel, the United Service Organizations is chartered. The USO tradition of entertaining troops continues today.

1959: NASCAR's first Daytona 500 race is run at the new Daytona International Speedway in Florida.

1962: First lady Jacqueline Kennedy hosts a televised tour of the recently renovated White House.

1982: The comedy talk show "Late Night With David Letterman" premieres.

1995: In the driver's seat of the Discovery, astronaut Eileen Collins becomes the first female pilot of a space shuttle mission.

2000: The last original "Peanuts" comic strip appears in newspapers nationwide.

2005: At the Grammy Awards, singer Ray Charles wins eight posthumous awards for his final album, "Genius Loves Company."